

Kewaunee County Public Health Department Community Health Improvement Plan 2015 – 2020 Summary of Progress

In 2015 the Kewaunee County Public Health Department began work on our Community Health Assessment (CHA). In fall of 2015 over 50 community members came together to help formulate focus areas that need our attention. The focus areas include:

- Physical Activity & Nutrition
- Mental Health
- Alcohol & Drug Use
- Chronic Disease Prevention and Management

Once the focus areas were chosen, the CHA steering committee worked together to formulate objectives and performance measures for each of these focus areas. Progress on each focus area / objective is listed below.

ALCOHOL & DRUG USE:

- 1. Objective: Formulate a county-wide Drug Endangered Child (DEC) / Endangered Child Program by the start of the 2016-2017 school year.**

Performance Measure: All public and parochial schools within Kewaunee County will be aware of and take part in the Kewaunee County Drug Endangered Child / Endangered Child Program by the start of the 2016-2017 school year. (MET)

- In 2016 representatives from school guidance, human services, law enforcement, public health, and probation & parole met to initiate a DEC Program. Outreach was done with each school district as well as parochial school to identify key resource staff who could be a main point of contact for the program. In-services were offered on Trauma Informed Care.
- In 2017 meetings continued with school officials to enhance the program.
- In 2018, all county high schools took part in the YRBS. 967 children completed the survey. Meetings were held amongst key players and results of the YRBS were shared. Further discussion took place as to the best way to share YRBS data with the general public.

- 2. Objective: Increase the awareness of the county drug disposal / sharps program.**

The Kewaunee County Public Health Department will include information regarding the county-wide drug disposal program and sharps disposal program in 3 to 5 county resources and share information with all county-based medical providers during annual visits. In addition, Kewaunee County will increase our drug disposal drop off sites from one to two. (MET)

- In 2016 we partnered with the Kewaunee County Prevention Program (FACES) to bring awareness to the county drug disposal program. An outreach brochure was developed on behalf of the two organizations to share details regarding the drug disposal program as well as the sharps program. This was distributed to all local medical providers as well as pharmacies. The information was also put on the public

health Facebook page. A grant was submitted to help cover the cost of additional drug disposal containers for various communities.

- In 2017 FACES received the above mentioned grant and replaced the drug disposal container at the Safety Building as well as purchased new ones for the Village of Luxemburg PD and the City of Algoma PD. In addition, drug disposal bags and medication lock boxes were purchased through FACES and made available to key partners to use with their programming. Clean Sweep was held and law enforcement was available for a drug collection effort. Public health was also on site collecting sharps and selling new sharps containers. In an attempt to increase community awareness of the program, information was shared within the community at Algoma Night Out, Clean Sweep, and the Adult Health Fair. *Difficulty was experienced in the City of Algoma with placing a drug disposal box. Staff within LE and City Hall lack training regarding the program and refuse the placement of the container.*
- In 2018 the county hosted the annual Clean Sweep and law enforcement was once again on site for drug collection. Public health was also available to collect sharps and sell new sharps containers. Additional flyers are distributed throughout the community regarding sharps collections and drug disposal. A display was put up at the annual Algoma Night Out. Information regarding these programs was shared at all annual meetings with local medical providers.

3. Increase awareness of the consequences of alcohol and drug use / abuse in youth and adults. Educate community members of these consequences.

Kewaunee County will see a 2% decrease in overall youth arrest rates involving alcohol and drugs by 2020. (ONGOING)

Kewaunee County will see excessive drinking rates drop to 23% in adults by 2020. (ONGOING)

- In 2016 the county TMAT (Teens mentoring against alcohol & tobacco) program took place within the Kewaunee School District. Public health offered classes to AODA group sessions on the importance of nutrition. The health department promoted the use of the Quitline with all pregnant and parenting clients as well as initiated the program First Breath for all pregnant women. Staff did further ACES training. FACES supported efforts of the “Parents that Host Lose the Most” program.
- In 2017 the First Breath Program continued to evolve. The FAECs group continued to promote “Parents that Host Lose the Most” and the county helped to host “Your Choice to Live”. The program was offered for high school students at each district as well as a night-time parent based program at Kewaunee High School. This program helped bring an awareness of teen drug and alcohol use to families. In addition a mock bedroom was set up to teach parents where kids can hide drugs within the open.
- In 2018 additional grant money were received and more medication bags as well as medication lock boxes were purchased. Additional lock boxes were offered to school nurses for use with children under their care.

NUTRITION & PHYSICAL ACTIVITY:

- 1. Objective: Increase community awareness and use of existing nutrition and physical activity programs throughout the county.**

Kewaunee County will see a 5% increase in the number of adults who claim they have access to exercise opportunities and a 2% decrease in the amount of adults who claim to have no leisure time physical activity. (ONGOING)

- In 2016 a breastfeeding work group was initiated through the Live Well Algoma Committee. County dietetic staff were consulted. They took on the name BLISS. Continued effort from the county WIC staff was put forth to continue to grow this work group; but the group dissolved due to lack of participation, funding, and commitment to leadership. In late 2016 the public health staff invited several community members to the table to review our CHIP objectives and start a new workgroup (NPAW).
- In 2017 NPAW hosted a community conversation and over 50 community members attended with ideas of how to get a new initiative started. Monthly planning meetings took place at St. John's Lutheran Church.
- In 2018 a new initiative called "Get Healthy Kewaunee County" began under the direction of the health department. Summer walking groups were initiated in three communities within the county: Luxemburg, Algoma, and Kewaunee. These groups met in each municipality once a week to take a two mile walk. Participation varies from 8-22 in each location. Families were encouraged to bring their children and pets along for the walk. In addition planning started for further use of the county trails, mapping of the trails, and planning for a county trail event in 2019. With regard to nutrition, three local grocery stores agreed to host a healthy weekly recipe. This program worked with the local grocery stores to come up with a healthy recipe that the store could advertise weekly and have a "grab and go" concept for ingredients. The nutrition committee also worked with local FACEs classes to design educational boards that could be used within the local grocery stores as well as other local buildings including libraries. The educational boards provided information on various topics including label reading, healthy drinks, and fruits and vegetables. Work began on a resource guide for Kewaunee County that will share places for physical activity both indoor and outdoor options.

- 2. Objective: Focus on modifying behaviors associated with chronic disease management through diet and exercise.**

Kewaunee County will witness a 2% reduction in overall adult obesity which will lend to better chronic disease management. (ONGOING)

- In 2016 the health department worked with Kewaunee Fitness to discuss and offer educational classes through their facility. The RD at the health department also worked with the sheriff's department on aspects of their department-wide fitness challenge Fit for Duty. A "Biggest Loser Challenge" was offered to employees of Kewaunee County Health & Human Service Center. This challenge saw a decent response from county employees. A survey was done following the

challenge and an overall sense of need and appreciation was expressed by the employees that took part. Strong bones classes were also offered through UW Extension.

- In 2017 Biggest Loser was expanded to all county employees willing to participate. The regional office for DHS was brought in to lead conversations on how to get more community involvement for this objective.
- In 2018 NPAW initiated more efforts including Healthy Eating Tips to county employees, walking groups in all communities, healthy recipes in local groceries stores, educational boards in local businesses, and healthy recipe ideas on social media. In addition, several community based presentations were offered including the Benefits of Exercise to Adults, and Healthy Weight Loss at local fitness centers. A wellness initiative (based on the “Get Healthy Kewaunee County”) was started for county employees during their lunch period. Exercise sessions, walking, meditation, stress relief methods, and lunch and learn sessions were offered throughout the summer and fall months. 10-15 people regularly attended these sessions.

CHRONIC DISEASE PREVENTION & MANAGEMENT:

- 1. Objective: Increase awareness of dementia related resources within Kewaunee County.**

By January 1, 2018 Kewaunee County will have a fully functioning Dementia Friendly Community Coalition formed by the ADRC of the Lakeshore. (MET) The ADRC of the Lakeshore will see an increase in referrals for dementia related services by 5%. (ONGOING)

- In 2015-2016 planning began with the ADRC of the Lakeshore as well as other members of the provider Network to form a dementia friendly coalition.
- In 2017 a PowerPoint was designed by members of the coalition and dementia awareness were offered to all county employees. In addition, a Memory Café was started at Amy’s Coffee House in Kewaunee. This is a program that provides a non-judgmental place for caregivers and people with early onset dementia to come and share what they are going through. It also offers resources to these people that they may not be aware of. Emergency Management also offered classes to all first responders within Kewaunee County on dementia and how it can present in the populations they serve.
- In 2018 additional care-giver support groups have been offered in all communities within the county. At each of these meetings area resources are shared.

- 2. Objective: Increase community awareness of dementia and how to help individuals you may encounter within the community who have dementia.**

By January 1, 2019, the Kewaunee County Dementia Friendly coalition will have completed outreach to all county CBRF’s and long-term care facilities, as well as, 10 businesses / churches on how to interact with or identify with individuals identified within the community to be experiencing dementia. (UNMET – ONGOING)

- In 2016 a PowerPoint was offered to local businesses and churches to help members of the community understand dementia and the various presentations it can have. Powerful Tools classes were made available through the ADRC to assist caregivers in their journey.
- In 2017 the ADRC became trained in “The Virtual Dementia Tour”. This training which was to be available to all county health and human service employees who have contact with individual suffering from dementia was delayed due to a need to find a permanent location for the tour to be set up within the county.
- In 2018 a site for the Virtual Dementia Tour was found and work began to get this tour established within Kewaunee County. A second location was discussed for a Memory Café in Luxemburg. Pre-planning begins to see if there will be enough participation.

3. Objective: Increase resources available to caregivers of individuals with chronic conditions.

ADRC of the lakeshore will see a 5% increase in participation at caregiver related services. (MET)

An increase of 5% of caregivers participating in ADRC of the Lakeshore programming will express a feeling of peer support. (MET)

- In 2016 a Kewaunee County specific brochure was created to assist people with early onset dementia.
- In 2017 Living Well with Chronic Conditions classes were offered through the ADRC. In addition Stepping On classes as well as Strong Bones classes were offered too. A resource table was set up at Memory Café offered in the county. Blood pressure readings were offered at all meal sites and foot care clinics within the county. The annual skin cancer screening for the county lost its sponsor and was threatened to stop. The Kewaunee County Public Health Department and Prevea Clinic agree to co-sponsor the event to ensure that Kewaunee County residents. 50 people were provided free skin cancer screening in Kewaunee County. Chronic disease prevention and awareness resources were offered to hundreds at the Kewaunee County Farm Technology Days. 800 flu shots were provided to adults and children throughout the county. Educational sessions were provided within the community on BP, Diabetes, Influenza and Dementia.
- In 2018 the skin cancer screening was again sponsored by Kewaunee County Public Health and Prevea. Attendance increased to 100 participants. 800 flu shots were provided within the county to adults and children. Educational sessions were provided to increase awareness of HTN, Influenza, and medication management.

MENTAL HEALTH:

- 1. Objective: Provide medication management to county mental health clients through Kewaunee County Human Services. Increase outreach to behavioral health clients in regard to crisis triggers.**

**Kewaunee County will note a 2% decrease in the number of calls for crisis services.
(ONGOING)**

- The overall goal of this objective was to see a decrease in the percentage of calls received through the crisis line. However our challenge with this objective is that the calls coming in are not just from the clients served within county-based services. The line serves all individuals throughout the county who may or may not receive services elsewhere.
- In 2016 the health department wrote a policy for the human service department on prescription refills and patient medication requests. This policy was later modified to include return of patient medication as well. Education was completed with all clients seen through BH regarding taking medication in the heat and also seasonal affect disorder.
- In 2017, the health department created “A Guide to Youth Suicide Prevention” for use with BH clients. The health department also created “Kewaunee County Mental Health Resource Guide”. These guides are available in office as well as on the PHD website. Kewaunee County Public Health began attending the Live Algoma Emotional Wellbeing Roundtables. Staff attended a QPR training. The county psychiatrist began seeing patients twice a week to increase mental health services within the county.
- In 2018 emotional wellbeing community conversations were hosted within Algoma. “May is Mental Health Month” was hosted county-wide and events took place in each community. Educational materials were available in each community. A civility training was hosted at St. John’s Church. Additional trainings were held throughout the year on Trauma informed care, ACES, crisis, and Mental Health First Aid. School safety was addresses with LE and school officials.